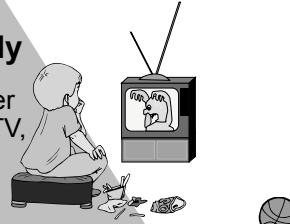


Do Sparingly

Play Computer games, watch TV, use labor-saving devices like escalators



Recreational Leisure 2-3 days/week

Golf, Bowling, Baseball, Soccer, Hiking, In-line Skating, Dancing, Canoeing, Yoga, Martial Arts



Aerobic Exercise

3-5 days/week
Running, Cycling, In-line Skating, Stair Stepping, Cross Country Skiing



Flexibility Exercise

2-3 days/week
Static stretching of major muscle groups, Hold each pose 10-30 seconds

Strength Exercise

2-3 days/week
8-10 exercises
1 set of 8-12 reps
Bicep curl, Tricep press, Squats, Lunges, Push-ups



Physical Activity

Most Days of the Week
Accumulate 30+ minutes

Take the Stairs, Garden, Rake Leaves, Mow the Lawn, Wash & Wax your Car



Walk to do your Errands
Walk the Dog
Clean your House
Play with your Kids

